

**Statistics Report 01204, Cheese, parmesan, dry grated, reduced fat**
**Report Date: July 11, 2017 14:38 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	50.60	--	--	--	--	--	--	--	--	Calculated or imputed	01208	05/2007
Energy	kcal	265	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1111	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	20.00	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2007
Total lipid (fat)	g	20.00	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2007
Ash <a href="#">1</a>	g	8.03	6	0.389	7.29	9.26	5.0	7.026	9.028	1	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	1.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fiber, total dietary	g	0.0	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2007
Sugars, total	g	0.00	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	1109	6	15.109	1,068	1,160	5.0	1070.611	1148.289	1	Analytical or derived from analytical	--	05/2007
Iron, Fe <a href="#">1</a>	mg	0.90	6	0.105	0.57	1.3	5.0	0.63	1.168	1	Analytical or derived from analytical	--	05/2007
Magnesium, Mg <a href="#">1</a>	mg	38	6	1.376	33	42	5.0	34.914	41.986	1	Analytical or derived from analytical	--	05/2007
Phosphorus, P <a href="#">1</a>	mg	729	6	10.001	704	767	5.0	703.175	754.591	1	Analytical or derived from analytical	--	05/2007
Potassium, K <a href="#">1</a>	mg	125	6	17.696	68	160	5.0	79.478	170.455	1	Analytical or derived from analytical	--	05/2007
Sodium, Na <a href="#">1</a>	mg	1529	6	51.778	1,367	1,713	5.0	1395.834	1662.033	1	Analytical or derived from analytical	--	05/2007
Zinc, Zn <a href="#">1</a>	mg	3.87	6	0.831	1.24	5.43	5.0	1.737	6.011	1	Analytical or derived from analytical	--	05/2007
Copper, Cu <a href="#">1</a>	mg	0.238	6	0.064	0.08	0.51	5.0	0.073	0.402	1	Analytical or derived from analytical	--	05/2007
Manganese, Mn <a href="#">1</a>	mg	0.085	6	0.015	0.03	0.13	5.0	0.047	0.123	1	Analytical or derived from analytical	--	05/2007
Selenium, Se <a href="#">1</a>	µg	17.7	3	3.528	11	23	2.0	2.488	32.845	1	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin <a href="#">1</a>	mg	0.029	3	0.004	0.02	0.04	2.0	0.011	0.047	1	Analytical or derived from analytical	--	05/2007
Riboflavin <a href="#">1</a>	mg	0.486	3	0.014	0.47	0.51	2.0	0.425	0.547	1	Analytical or derived from analytical	--	05/2007
Niacin <a href="#">1</a>	mg	0.114	3	0.008	0.1	0.13	2.0	0.079	0.149	1	Analytical or derived from analytical	--	05/2007
Pantothenic acid <a href="#">1</a>	mg	0.325	2	--	0.32	0.33	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin B-6 <a href="#">1</a>	mg	0.049	3	0.003	0.05	0.06	2.0	0.037	0.062	1	Analytical or derived from analytical	--	05/2007
Folate, total <a href="#">1</a>	µg	10	2	--	10	11	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Folate, food	µg	10	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	20.7	--	--	--	--	--	--	--	--	Calculated or imputed	01208	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12 <a href="#">1</a>	µg	2.26	3	0.237	1.78	2.52	2.0	1.236	3.278	1	Analytical or derived from analytical	--	05/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01208	02/2009
Vitamin A, RAE	µg	160	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	156	--	--	--	--	--	--	--	--	Calculated or imputed	01208	05/2007
Carotene, beta	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	01208	05/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Vitamin A, IU	IU	605	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Vitamin E (alpha-tocopherol)	mg	0.17	--	--	--	--	--	--	--	--	Calculated or imputed	01208	05/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01208	02/2009
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	15	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	01208	05/2007

**Lipids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	13.317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
4:0	g	1.054	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
6:0	g	0.395	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
8:0	g	0.211	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
10:0	g	0.526	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
12:0	g	0.709	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
14:0	g	2.362	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
16:0	g	5.653	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:0	g	1.868	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total monounsaturated	g	6.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.320	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:1 undifferentiated	g	5.402	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total polyunsaturated	g	0.462	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:2 undifferentiated	g	0.221	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:3 undifferentiated	g	0.241	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Cholesterol <a href="#">1</a>	mg	88	3	6.080	79	99	2.0	61.37	113.69	1	Analytical or derived from analytical	--	05/2007
<b>Amino Acids</b>													
Tryptophan <a href="#">2</a>	g	0.240	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Threonine <a href="#">2</a>	g	1.519	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Isoleucine <a href="#">2</a>	g	1.200	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Leucine <a href="#">2</a>	g	2.983	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Lysine <a href="#">2</a>	g	2.459	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine <a href="#">2</a>	g	0.369	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Cystine <a href="#">2</a>	g	0.028	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Phenylalanine <a href="#">2</a>	g	1.604	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Tyrosine <a href="#">2</a>	g	1.968	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Valine <a href="#">2</a>	g	1.498	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Arginine <a href="#">2</a>	g	1.324	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Histidine <a href="#">2</a>	g	0.752	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Alanine <a href="#">2</a>	g	0.956	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid <a href="#">2</a>	g	1.963	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Glutamic acid <a href="#">2</a>	g	7.279	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Glycine <a href="#">2</a>	g	0.598	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Proline <a href="#">2</a>	g	3.231	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Serine <a href="#">2</a>	g	1.614	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2a, 1999 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4a, 2001 Beltsville MD